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# HealthQuest Wellness Champion Network Meeting

Thursday, July 12th at 11:30am

Toll-free call in number: 1-800-391-9177  
Conference Code: 501 765 7935#  
Please sign in with full name of all attendees  
Please press \*6 to mute/unmute your line



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## Agenda

- Rewards Program Metrics
- Health Promotion Spotlight
- Program Deadline Information
- Screening Metrics
- Questions, Comments & Open Dialogue

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## Rewards Program Metrics

- **27,048** active employees have completed the requirements for the 2013 discount (63%)
  - **June Meeting = 21,560**
- **34,322** active employees have registered on the portal (80%)
  - **June Meeting = 33,102**
- **559** new hire (3/1/12 or later) employees have completed the health assessment (18%)
  - **June Meeting = 288**

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## Health Promotion Spotlight

- **Alison Kelley**
  - **Human Service Specialist**
  - **Department of Children & Families**
- Put together a 21 Day Weight Loss Challenge at her site!

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## 21 Day Weight Loss Challenge

- Why?
  - We decided to do the challenge is that many employees felt that if they had support for the 8 – 10 hours they were here, they would be more successful!



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## 21 Day Weight Loss Challenge

- Rules
  - 21 day challenge
  - Each person would put \$5.00 in the pot, the end of the 21 day challenge the winner with the largest % of weight loss wins the pot.
  - Meet once a week on Tuesday to discuss and share ideas and inspire each other
  - During the weekly meeting, it was decided by the group to extend it to 3, 21 day sessions.

## 21 Day Weight Loss Challenge

- Main Objective
  - Develop a relatively simple habit
    - For example eating a piece of fruit each day or taking a 10 minute walk
    - It takes *daily* repetitions over a period of time before the behavior becomes a habit



Healthy treat day at work. The cake is choc mix with Greek yogurt.

## 21 Day Weight Loss Challenge

- Additional Info
  - We all are wearing pedometers and logging our daily steps. This is a fun activity to see how much exercise we are getting by doing simple things of taking the stairs instead of the elevator, parking in a shady place in the lot (not thinking about getting close parking spaces).
  - Hung signs throughout the building for participation from all employees and had all interested in attend a quick informational meeting.

## Rewards Program Deadline: July 31

Hire Date	Earning Period for 2013 Discount 10/1/11 – 7/31/12	Earning Period for 2014 Discount 8/1/12 – 7/31/13
Hired before 3/1/12	Must complete Health Assessment and earn a total of 20 credits for 2013 discount	Must complete Health Assessment and earn a total of 30 credits for 2014 discount
Hired between 3/1/12 & 7/31/12	Must complete Health Assessment (within 90 days of hire) to earn 10 credits and receive discount for 2012 and 2013 <b>UPDATE: Those hired 3/1 – 4/30 were granted an extension through 7/31/12!</b>	Must complete Health Assessment and earn a total of 30 credits for 2014 discount
Hired between 8/1/12 & 12/31/12	Automatically receive discount for remainder of 2012 and 2013 – but need to start earning credits for 2014	Must complete Health Assessment and earn a total of 30 credits for 2014 discount

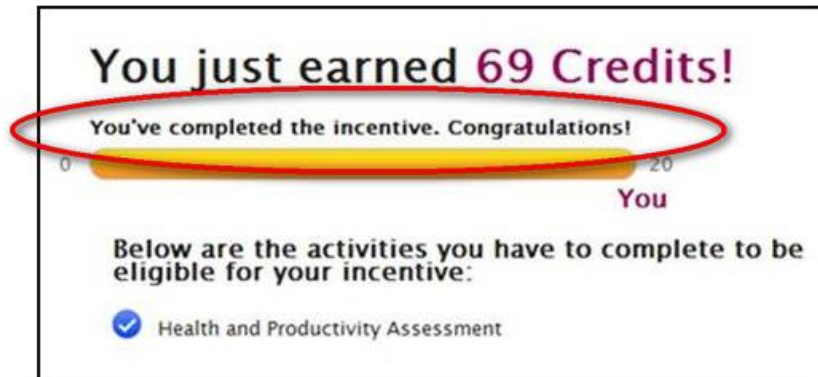
## Still Need Credits?

These activities can be completed online quickly:

- Preventive Exams Self-Report Form  
5 credits each/20 total
- HealthQuest Approved Activities Self-Report Form  
2 credits each/6 max
- Seminars  
2 credits each/6 max

## Confirm Credits & Discount Status

- Step by step instructions with screenshots  
[www.kdheks.gov/hcf/healthquest/trackcredits.htm](http://www.kdheks.gov/hcf/healthquest/trackcredits.htm)



## Start Over August 1

- 8/1/12 – 7/31/13 is a new earning period for all employees to start earning credits for the 2014 discount
- Requirements by year to earn premium discount:

Plan Year	Requirement	Earning Period
2012	Non-tobacco User or Completion of Tobacco Cessation Program	10/1/11 - 7/31/12
2013	Health Assessment & 20 Total Credits	10/1/11 - 7/31/12
2014	Health Assessment & 30 Total Credits	8/1/12 - 7/31/13

## Paul's Duathlon

- Consider signing up for a multisport event, 5K, marathon, etc.
- Only enjoyed sports with ball- never used to enjoy running and cycling until training for this event.
- Trained for 6 months and was able to get 11<sup>th</sup> overall and 1<sup>st</sup> in age group

<http://www.healthquestkansas.com>



## Thank You for Attending Today!

- Questions
- Comments
- Open Dialogue